



## Homeward bound



Penny Press Staff / Photo by JO2 John Baughman

A Return and Reunion instructor teaches Sailors about how to cope back home.

### *Preparing Abraham Lincoln Sailors for life back home in Everett*

By JO3 Bradley Pulley  
Penny Press Staff

On board Abraham Lincoln, all anyone can talk about is getting back to the U.S. With less than two weeks left, classes are being held to help those Sailors on their first deployment adjust to changes they may have to deal with

when they return.

At the end of a long cruise such as WESTPAC 2000, Sailors may be experiencing some "anticipatory anxiety." They may wonder what homecoming will be like, both the initial effects and the

**(See Return Pg. 7)**

## CCC brings in separation expert

By JO2 John Baughman  
Penny Press Staff

For Sailors separating from the Navy in the next six months, the process might be a little more involved than they would think.

In order to help Abe Sailors prepare for the transition from military to civilian life, the Career Counselors' Office has brought in an expert to help out.

AKC(AW) William Wright will be on board until the ship arrives San Diego to

instruct Sailors on the finer points of the DD 214.

"I'll go over the process with whoever is interested," Wright said. "More importantly, I will make sure you understand exactly what you are and aren't entitled to when you leave the Navy."

The Command Career Counselors' office stressed that this is only a pre-separation brief prepared by the Pacific Fleet Career Information Team and isn't a replacement for TAP class (Transition As-

sistance Program).

"This brief makes you smarter for TAP," said NCCM Paul Papas. "It doesn't replace TAP class as part of the separation process."

The brief covers everything from the separation process to discharge documents needed for Veteran's Benefits.

"I'll also explain what benefits Sailors lose if they are discharged under other-

**(See Separation Pg. 8)**

Inside...



**Abraham Lincoln prepares for flu season**

Pgs. 4-5



**MWR to hand a lucky Sailor a set of keys**

Pg. 6